

## SEIZE CHINAMAN AND GIRL.

One Hundred and Twenty-fifth Street Station by detectives.

The man was locked up charged with violating the Mann White Slave Act. The girl was held in danger of becoming depraved.

The girl said she had known Lee for several months. She said she was a companion and housekeeper of Mrs. James Loomis of No. 61 Cort Street, New London. Lee denied knowing the girl.

## Don't Poison Baby.

Forty years ago almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and a FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrup," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. **CASTORIA DOES NOT CONTAIN NARCOTICS**, if it bears the signature of Chas. H. Fletcher.

Genuine Castoria always bears the signature of *Chas. H. Fletcher*

## THE SLOGAN IS

JOIN THE HEALTH ARMY-TAKE A BULLET

Dr. Jarvis' Message on "PREPAREDNESS" Is Coming.

Watch For It



You cannot enjoy the pleasures you love when you are

**Weak, Anaemic, Nervous, Run-down**

Poor health not only debars you from your rightful enjoyments—not only handicaps you in your daily duties—not only robs you of your good looks—but makes you intensely miserable, irritable and depressed.

## Here is an Offer of New Health

Yet you need not continue to suffer. You need not remain Weak, or Anaemic, or Nervous, or Run-down. Because "Wincarnis" (the wine of life), offers you new Health, new Strength, new Blood, new Nerve Force, and new Vitality.

"Wincarnis" possesses a four-fold power in promoting the new health and strength you need. It is a Tonic, a Restorative, a Blood-maker, and a Nerve Food—all combined in one rich, delicious, life-giving beverage. That is why over 10,000 Doctors recommend "Wincarnis."

As a Tonic, it "Tones up" and vitalizes the whole system. As a Restorative, it revivifies the lost vitality. As a Blood-maker, it surcharges the veins with new, rich, red blood. And as a Nerve Food, it stimulates and strengthens the nerves.

Thus, the whole system becomes recharged with a wealth of new vigor, that makes you feel it good to be alive.

Remember that "Wincarnis" is not a patent medicine, nor a new untried preparation. "Wincarnis" has an unrivaled reputation of over 30 years' standing. It has given new health to countless thousands of people who suffered as you suffer now, but who have got well, as you can get well, if you take "Wincarnis." It is recommended by over 10,000 Doctors who, from personal experience, have proved "Wincarnis" to possess extraordinary power in promoting health in those who are

**WINGARNIS**  
The Wine of Life

Prepared in Norwich, England, by Coleman & Co., Ltd., Contractors to His Majesty's Forces and to the Royal Army Medical Corps.

Sold in Greater New York and surrounding districts in two sizes, 15c and \$1.50 per bottle, by the stores of Park & Tilden, Hygrade Wine Co., Charles & Co., Asher, Merrill & Condit, James Butler, C. M. Decker & Bros., and by leading family wine stores, licensed druggists and grocers.

For List of Dealers Elsewhere Write  
EDWARD LASSERE, Inc., U.S. Agents, 400 West 23d St., N.Y.

## Obesity Reduction Course For Women

## QUESTION AND ANSWER COLUMN

By Pauline Furlong

Miss Furlong will reply in this column to letters written by Evening World readers asking questions pertaining to the subjects treated in her articles. Letters must not exceed 250 words in length and must be limited to the subjects upon which information is desired.



"BEAUTY AND HEALTH LESSONS FOR THE SUMMER," a new series of articles written by MISS PAULINE FURLONG for women readers of The Evening World, will commence in MONDAY'S EVENING WORLD.

## Why You Should Breathe

## Fresh Air When Exercising.

It is not so necessary to have large muscles or great skill in doing the exercise, as to improve the digestion, lungs, liver, circulation and all the important organs of the body, and therefore long, tedious movements, which require great skill and mental tax, to master, are not at all necessary.

Always take the exercise in the fresh air, or at least where fresh air is stirring and remember that you cannot take cold while exercising. It is essential that the you breathe deeply and slowly during all of the movements, if beneficial results are to be expected and obtained. Do not hold the breath for any length of time, but breathe deep enough to allow the air to reach the most remote portion of the lungs.

It is estimated that 40 per cent of total mortality is caused by breathing impure air and the reason that stuffy, crowded rooms and air which has been breathed in so dangerous, is because it has lost a large part of its oxygen, which is life-giving property, and taken on an increased amount of carbonic acid and organic substances, which are deadly poisonous to the body.

Letters From Readers.  
LOST TWENTY POUNDS—E. L.

M. writes: "Please answer the following questions: Is chop suey fattening? If I do not eat the fried noodles? Are raw apples fattening? Is Boston brown bread, rye, Graham, fattening? I have lost twenty pounds by following your instructions, even though I have not followed them to the letter and am very pleased with your charts and will take this opportunity to thank you for all the good you are doing for 'us fat ones.'"

Yes, chop suey is forbidden, the same on it is rich and heavy, even without the noodles. Raw and baked apples are allowed in the diet and are both very healthy and nourishing to the entire system. Boston brown bread is fattening, but all other dark breads are allowed. Gluten bread is most nourishing and least fattening of all breads. Eat little of any bread. I thank you for your kind letter.

GLUTEN FLOUR BREAD—J. G. writes: "In spite of the fact that I have varicose veins and cannot do many of the exercises I have lost twelve pounds in three months and am six inches smaller around the hips. I cannot do the rolling either and am so sore to the touch that I cannot even do heavy massage, which you say is the only really effective kind for reducing superfluous fat. I have depended mostly on diet with remarkable success. Please give a receipt for bran bread as the baker's bran bread is very dry and unpalatable. I would also like to have a receipt for gluten flour bread."

Those who have varicose veins may take all exercises in a reclining position and should stand on the feet as little as possible. I have sent you the advice for bran and gluten receipts in your stamped envelop.

GOATSBEER—Mrs. A. R. writes: "I have had the goatsbeere formula made up and the druggist put 'Galega' on the bottle and I am writing to ask you if this is all right? Is it safe to take it? Is it safe to take it for any length of time? What is better than cocoa butter to massage the face and neck with? Is cold water good to bathe the breast with?"

Yes, the prescription marked "Galega" is all right. It is the same thing. This tonic is a general vasopressor, enriches the blood and acts very slowly on the breast glands. It is harmless, when taken for some time and really beneficial also. Cocoa butter is too rich to be used on the face, but is recommended for the neck and breast. Bathe the breast in hot water five or ten minutes. Apply the cocoa butter and rub in gently and in upward circles with the palms of the hands, for fifteen minutes. Wipe off the excess greases and then dash cold water to harden the breast and close pores. Cold water and ice are always beneficial to the small breast.

INSOMNIA—Grace D. writes: "What is the very best exercise for insomnia and will exercise really overcome it? I am told that exercise taken late at night causes wakefulness, by stimulating the circulation. Is this true? Can you recommend any other treatment for insomnia?"

Exercise taken at bed time causes some persons to remain awake, as you have been advised, but those which bring the blood down from the brain, to the lower limbs, are beneficial in overcoming insomnia. Bathing the feet in very hot water at bed time is also recommended. Heat and toe raising, fifty times, leg swinging and foot circling from the ankle are advised. A cup of hot water and a hot water bottle at the feet will also induce sleep. The room should be quiet, dark and have a current of fresh air stirring.

CLEANSING CREAM—Mildred G. writes: "Please give a good cleansing cream formula. My skin is dry and I never use soap." Olive oil, 4 ounces; white wax, one ounce; white vaseline, one ounce; oil violet, 4 drops.

## IDEALS VS. CASE.

A New Haven pastor and Yale graduate has given up his \$750 church job to work in a munitions plant.

## WEATHER FORECASTER DIES OF SUDDEN STROKE

Francis Long Succumbs in Volunteer Hospital to Attack of Apoplexy That Seized Him on Duty.

Francis Long, official forecaster of the United States Weather Bureau, died at 2:35 o'clock this morning in the Volunteer Hospital.

Mr. Long suffered a stroke of apoplexy in his office on the twenty-ninth floor of the Whitehall Building, No. 17 Battery Place, Sunday night. He went to the office at 7 o'clock that evening and at 10 o'clock it was noticed, no lights were burning in the Weather Bureau. Investigation led to the discovery of his unconscious form on the floor in the office.

Mr. Long was buried in the Volunteer Hospital, but his life could not be saved. He lived at No. 1210 Deane Street, Brooklyn.

## MOVIE FANS DEMAND MORE OF "IRON CLAW"

The Fourteen Mystery Episodes Are Increased to Twenty Thrillers.

Announcement was made to-day from the offices of the Pathe Exchange, Inc., that "The Iron Claw," the photodrama mystery portraying the startling adventures of the Laughing Mask in his efforts to frustrate the plots of Jules Legar, the Iron Claw, will be extended from fourteen episodes to twenty.

The six additional episodes have been added to satisfy the demand of "The Iron Claw" fans, who insist that the battle of wits between the two master minds continue on the screen. Pearl White, in the person of Margery Golden, the heroine of the film story, continues to do the thrilling stunts that have added to her name and her fame as the fearless girl of the movies.

The mystery of the screen continues as follows: Capt. Brackett, the bulldog detective, gets the idea in his head that David Manly and the Laughing Mask are the same person. Nothing can shake his opinion. He and Margery Golden talk to David Manly, secretary to Enoch Golden, and while they are talking to him The Laughing Mask enters the room. A little thing like that cannot change the opinion Brackett has formed. He merely states that Manly learned the secret mysteries of the Orient from the fakirs of India and has hypnotized them into believing they see something that does not exist. Margery refuses to doubt the evidence of

## THE TONIC THAT BRINGS HEALTH

"Fruit-a-tives" Builds Up The Whole System

Those who take "Fruit-a-tives" for the first time, are often astonished at the way it builds them up and makes them feel better all over. They may be taking "Fruit-a-tives" for some specific disease, as Constipation, Indigestion, Chronic Headaches or Neuritis, Kidney or Bladder Trouble, Rheumatism or Pain in the Back. And they find when "Fruit-a-tives" has cured the disease, that they feel better and stronger in every way. This is due to the wonderful tonic properties of these famous tablets, made from fruit juices.

50c a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ogdensburg, N. Y.—Adv.

her senses, and adds to the trials of the Laughing Mask enters the room. Brackett to lure him into a trap. The Laughing Mask and David Manly both love Margery Golden. Both have told her so, but while she is fond of David, woman like, she inclines to the man of mystery. She hears that he has been friendly with another woman, and the wily de-

tective turns the jealousy this arouses to his own end. Legar gets wind of the trap set for the Laughing Mask and decides he will obliterate all his enemies at one time. The Laughing Mask adds to his hairbreadth escapes when he rescues Margery, and the detectives, who are about to close in on him, and adds another score to his victories over The Iron Claw. Mystery follows mystery, while science plays its part in punishing

the henchmen of "The Iron Claw," and finally the master mind of them all, Jules Legar, in the additional episodes of the serial, which will be shown in the theatres, which have shown the earlier episodes of the serial. At the end the Laughing Mask reveals himself in his own proper person, but whether he is the person you think he is or whether he is a veritable man of mystery remains for the movie fans to solve.

## How Nuxated Iron Helped Me to Whip Frank Moran

Jess Willard Tells Secret of His Easy Victory. Also reveals hitherto untold secret of his great triumph over Jack Johnson; Says Iron is Greatest of All Strength Builders.

Ordinary Nuxated Iron will often increase the strength and endurance of delicate, nervous folks 200 per cent, in two weeks' time.

SPECIAL NOTE.—Dr. E. Sauer has been employed to make an analysis of the real secret of the great strength, power and endurance of Jess Willard, and the value of Nuxated Iron as a strength builder.

Upon being interviewed at his apartment in the Colonial Hotel, Mr. Willard said: "Yes, I have a chemist with me to study the value of different foods and products as to their power to produce great strength and endurance, both of which are so necessary in the prize ring. On his recommendation I have often taken Nuxated Iron, and I have particularly advocated the free use of iron by all those who wish to obtain great physical and mental power. Without it I am sure that I should never have been able to whip Jack Johnson so completely and easily as I did, and while training for my fight with Frank Moran, I regularly took Nuxated Iron, and I am certain that it was a most important factor in my winning the fight so easily." Continuing, Dr. Sauer said: "Mr. Willard's case is only one of hundreds which I could cite from my own personal experience which proves conclusively the astonishing power of Nuxated Iron to restore strength and vitality even in most complicated chronic conditions."

Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 40 and as full of vigor, vim and vitality as a young man—in fact, a young man he really was, notwithstanding his age. The secret he said was taking iron—Nuxated Iron had filled him with renewed life. At 30 he was in bad health; at 40 careworn and nearly all in. Now at 50 a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only throw away patent medicines and nauseous concoctions and take simple Nuxated Iron, I am convinced that the lives of thou-



I consider that plenty of iron in my blood is the secret of my great strength, power and endurance.

Jess Willard

Deedle, Deedle, Cracker Jack, my son John  
Went to bed with his trousers on;  
Pretty wise boy, he says so himself,  
He knew there was Cracker Jack out on the shelf.

In the Triple Proof Package that keeps out moisture, germs and dust.

**Cracker Jack**

The more you eat, the more you want

5c



All the boys and girls and grown-ups are getting wise—everywhere folks like the delicious combination of peanuts, popcorn and molasses candy with the natural color and flavor. There's more nourishment in Cracker Jack than in such daily necessities as milk, eggs, beefsteak, etc. That makes it both a delicious confection and wholesome food.

Made in the finest and largest candy factory—untouched by hands. Packed so that it's always good and fresh when opened.

Write for the Cracker Jack Riddle Book. Sent free on request. Address Dept. A.

RUECKHEIM BROS. & ECKSTEIN, Inc.  
Brooklyn, New York Bush Terminal Building No. 20

Angelus Marshmallows melt in the mouth. Three flavors—mint, white, strawberry. 10 cents a package. Try them.